YAMASA game pocket manpo

Walking Pilgrimage

Instruction Manual

Thank you for purchasing the Pocket Pilgrimage.
Please read this manual carefully before use and keep it for future reference.

Pocket Manpo is a registered trademark of Yamasa Clock and Watch Co., Ltd.

The images in this manual are for illustration purposes only.

Caution

Safety Precautions

- Keep batteries and the device out of reach of small children.

- If a battery or battery cover is accidentally swallowed, seek medical attention immediately.

- Do not throw batteries into fire as they may explode.

- Be careful not to mistake the + and + poles of the batteries. Immediately remove any exhausted batteries and replace them with new ones.

- Do not swing the product around by the strap or other parts as this may result in injury.

- Do not place the device in your back trouser pocket. This may result in injury or damage to the device.

- If you are recovering from an illness, rehabilitating from an injury, or have not exercised for a long time, do not push yourself and gradually increase your walking speed and amount in line with your body's needs.

Handling Precautions

- The device is not waterproof; avoid using or storing it in places exposed to water.

- Keep away from direct sunlight, high humidity, or high-temperature environments such as near a heater or in a car.

- Do not disassemble, modify, or attempt to repair the device yourself.

- Do not subject the unit to strong impacts, drop it, or step on it.

- If the device gets dirty, clean it with a soft cloth; do not use benzene, thinner, or alcohol.

- Remove the batteries if the product will not be used for an extended period (3 months or more).

- If the device is placed in the same place as a mobile phone in a pocket or bag, it may malfunction. Please keep the device away from mobile phones.

How to Wear

To ensure accurate step counting, please place the watch in your breast pocket or a bag you are carrying.

- **Use in pocket:** Can be used by simply putting it in your pocket. Do not place the device in your back trouser pocket as it may be damaged when you sit down.

- **For use in a bag:** Place in a pocket or compartment.

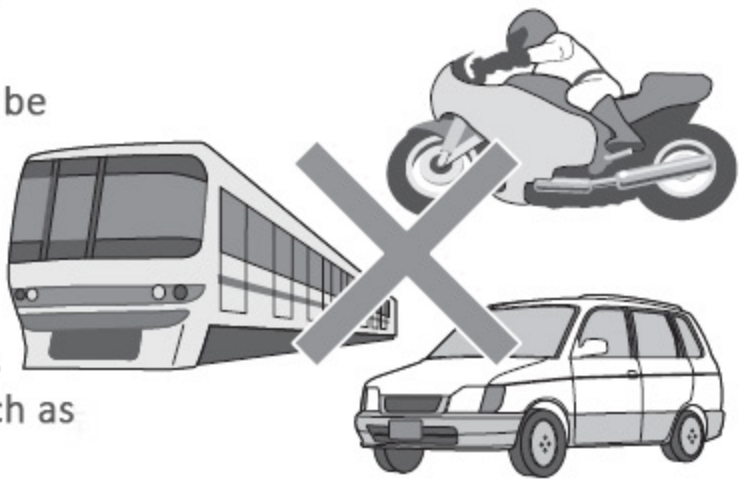
- Hang it from your neck.

Note: The strap is to prevent the device from falling. Do not hang the device from your waist or a bag.

Correct measurement may not be possible in the following cases:

The device is designed to measure normal walking movements (walking at a pace of about 100–120 steps per minute on flat ground). However, in the following cases, accurate step counting may not be possible:

- It will not count correctly if the device is moving irregularly, such as when it is hanging from your waist or a bag, or when it is placed inside a bag that is moving irregularly and hitting your leg or waist.
- Walking with a shuffling gait or wearing sandals, geta, zori, etc. will not be counted accurately. Also, walking irregularly in a crowded city will not be counted accurately.
- It will not count accurately when you stand up or sit down, or in places with a lot of up and down vibration such as in a vehicle.
- It will not be counted accurately when doing sports other than walking, such as jogging, walking very slowly, or going up and down steep slopes such as stairs or mountain climbing.



※ Note- To prevent vibrations caused by putting the watch in your pocket or bag, or vibrations other than those caused by walking, the number of steps will not be counted for the first 10 steps after you start walking. If you continue walking, the number of steps taken up to that point will be displayed all at once.

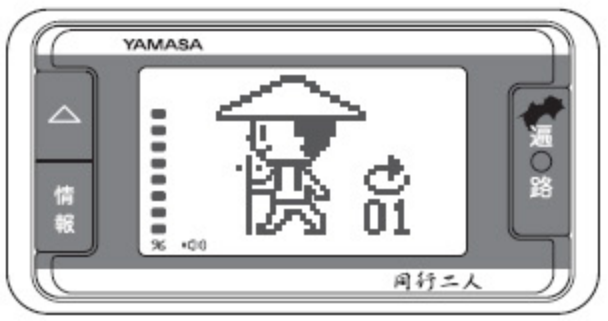
If you think something is wrong...

Issue	Possible Cause	Solution
Battery mark is lit	The battery is running low	Replace with a new CR2032 battery
The “electric switch” is lit	The battery is almost dead	Replace with a new CR2032 battery
Nothing is displayed	Device went into power saving mode	Press a button
	The battery is facing the wrong direction	Reinsert the battery correctly
	Battery is empty	Replace with a new CR2032 battery
Displayed step count is different than expected	The device is in a loose pocket or swinging too much	Please see section on “How to wear”
	You are walking irregularly	Please walk regularly with a consistent rhythm
	Setting values are wrong	Please change the settings
Displayed content is strange		Press the system reset switch

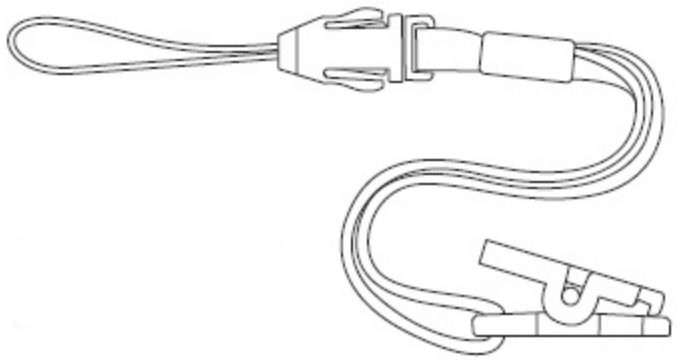
If the above methods do not resolve the issue, please contact Yamasa Customer Service.
*Please note that if this product malfunctions or is repaired, all set times and stored measurement values will be erased. We recommend that you record the measurement results on paper or other medium just in case.

Included Items & Part Names

1. Main Unit



2. Strap (with Clip)

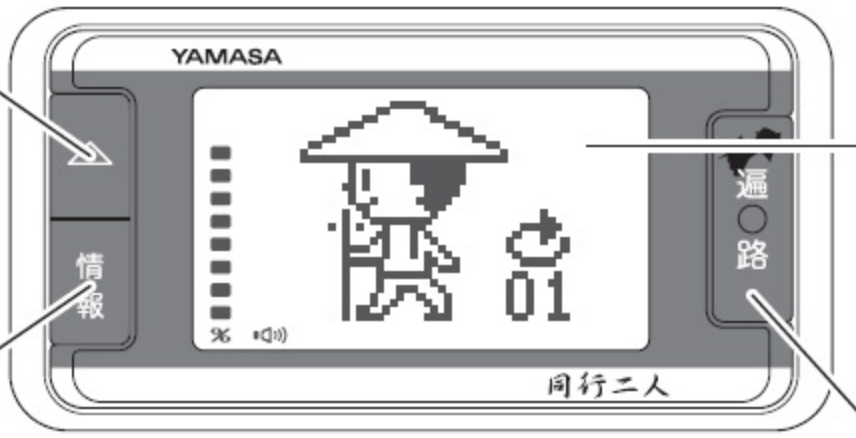


3. Test Battery (CR2032)

4. Instruction Manual

Up/Reset Button

- When using for the first time, press and hold for more then 2 seconds to turn on the power.
- Increase the setting value.
- On the memory screen, change “days ago”.
- Set today’s screen to “zero”.
- You can access the past events screen from the main screen.



Display

Information Button

- Press and hold for 2 seconds or more enter setting mode.
- Determine the setting value.
- Switch from the main screen to the data display screen.
- Return from pilgrimage mode
- Return from the event screen

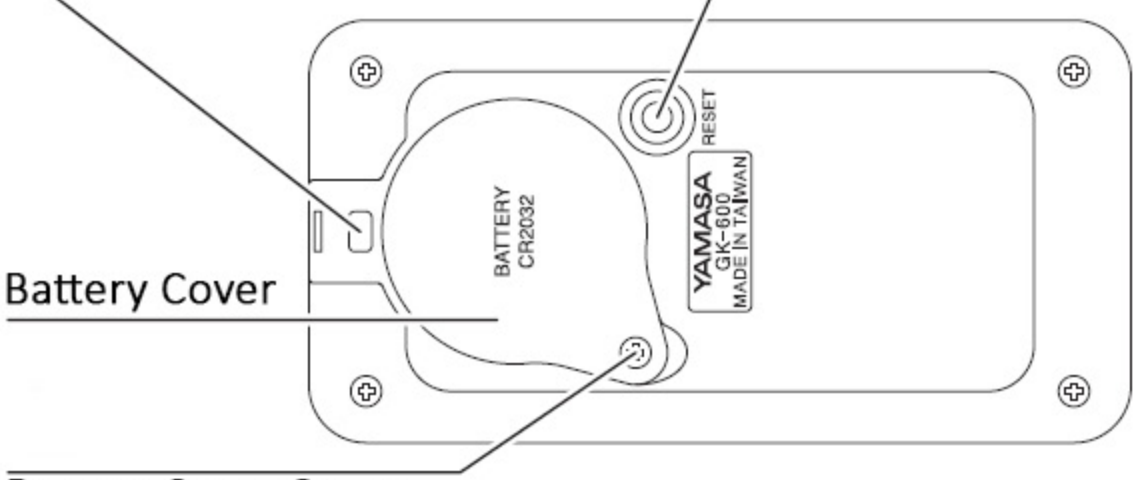
Pilgrimage Button

- Press to switch to pilgrimage mode
- In pilgrimage mode you can switch between screens showing temple names, maps, etc.
- Return from the data display screen to the main screen

Strap Attachment

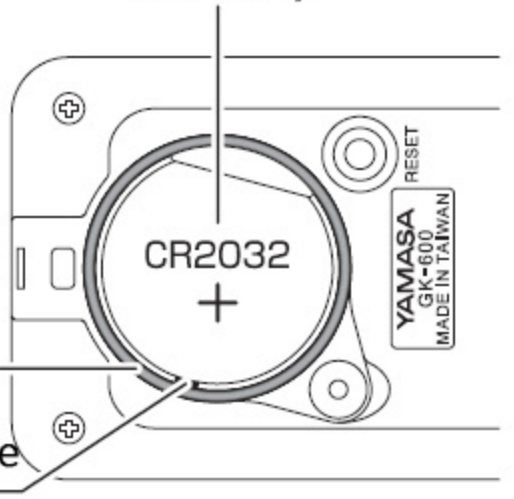
System Reset Switch

Press the reset button when replacing the battery, or if the display seems strange.



Battery

Battery Compartment



When Using for the First Time

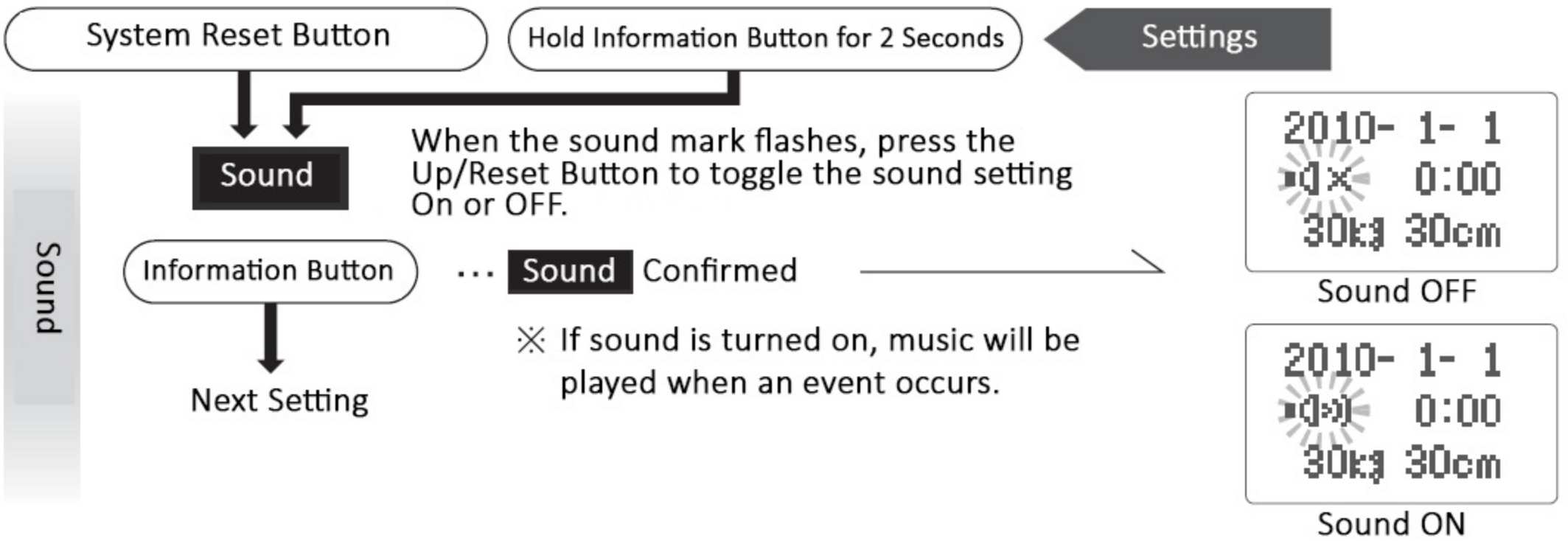
Peel off the sticker on the front of this product.

Press the Up/Reset button for more than 2 seconds.

The device will turn on and enter the initial setting mode. In setting mode, you can set your weight and stride length, the time, the calendar, and whether or not to turn on the sound.

Setting Sound, Weight, Stride Length, Time and Date

Press and hold the Information Button to enter setting mode. The settings will be displayed in order: Sound ON/OFF, Body Weight, Stride Length, Time, Date. These settings will also appear when you first turn it on, when you insert new batteries, or when you press the system reset switch.



Setting Sound, Weight, Stride Length, Time and Date

Body Weight

Weight

◆ When weight flashes change the value with the up/reset button. Setting range 30~120kg.

Information Button ··· Weight Confirmed （Unit : kg ）

Stride

Stride

◆ When stride length flashes change the value with the up/reset button. Setting range: 30~180cm.

Information Button ··· Stride Confirmed （Unit : cm ）

Time

Hour

◆ When the hour flashes change the value with the up/reset button. Setting range 0~23 o'clock.

Information Button ··· Hour Confirmed

Minute

◆ When the minute flashes change the value with the up/reset button. Setting range 00~59 minutes.

Information Button ··· Minute Confirmed

Date

Year

◆ When the year flashes change the value with the up/reset button. Setting range 2010~2040.

Information Button ··· Year Confirmed

Month

◆ When the month flashes change the value with the up/reset button. Setting range 1~12.

Setting Sound, Weight, Stride Length, Time and Date

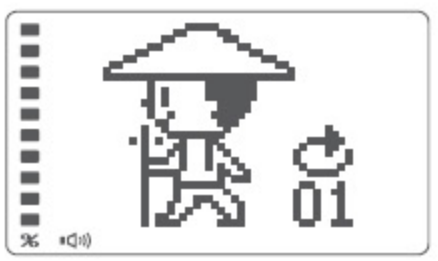
Day

Information Button ··· Month Confirmed

Day

◆ When the day flashes change the value with the up/reset button. Setting range 1~31.

Pilgrimage Button ··· Day Confirmed Settings Completed



Walking Pilgrimage Main Screen

Begin

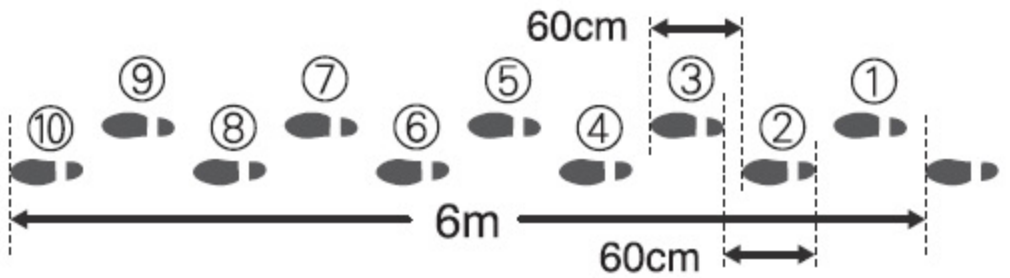
※ If no button is pressed for 2 minutes the screen will automatically switch to the main screen.

※ While changing a setting, holding theUp/Reset button allows you to fast forward the value.

※ You can exit settings at any time by pressing the Pilgrimage button.

Stride Length

- Setting the correct stride length is important when measuring distance.
- The recommended stride length is your height - 100cm, but this will vary depending on how you walk and how fast you walk.
- Your stride length is from toe to toe.
- To calculate your exact average stride length, take 10 steps as shown in the figure, and divide the total distance by 10 to find your average stride length.



$$\frac{6\text{m (total distance)}}{10\text{ steps (number of steps walked)}} = 0.6\text{m} = 60\text{cm}$$

Various values will be calculated based on your weight and stride length, so please enter your weight and stride length correctly.

How to Change the Battery

1. Open the battery cover

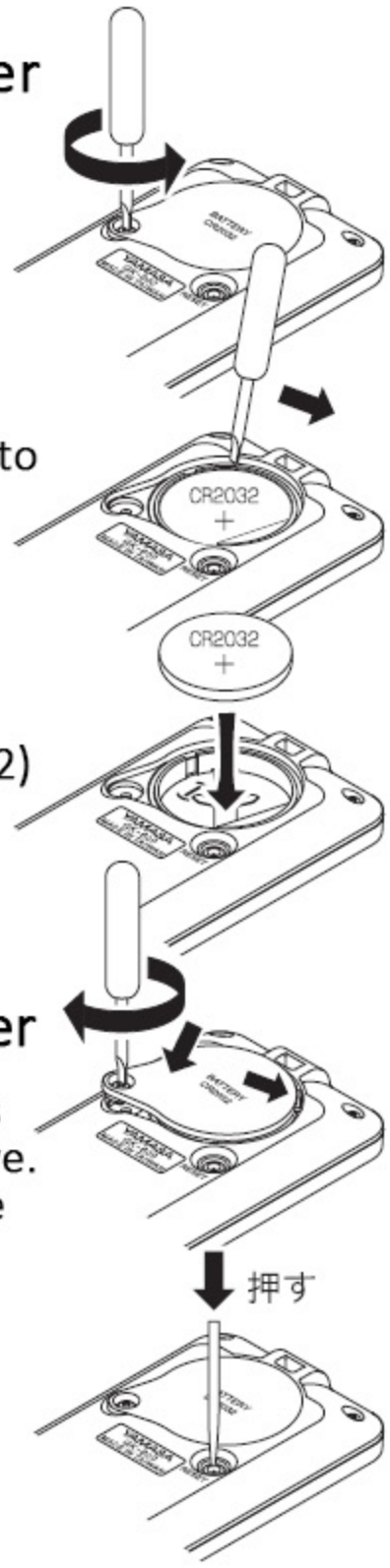
Remove the battery cover screw using a small screwdriver.

2. Remove the battery

Insert a small screwdriver into the groove to remove the battery.

3. Insert new battery

Insert a new battery (CR2032) with the positive pole (+) facing up.



4. Close the battery cover

Make sure the rubber ring is properly seated in the groove. Insert the convex part of the battery cover into the main unit. Press down on the battery cover. Tighten the battery cover screw using a small screwdriver.

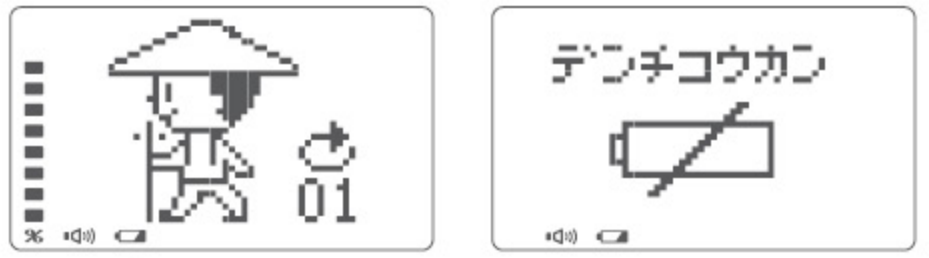
5. Press the system reset switch

Press it with a thin stick that will not break easily. When you press the system reset switch, the display will change to the setting screen.

About Battery Life

This product comes with a built-in battery when you purchase it. Please read "First time use" (see page 9) before turning on the power. When the battery runs out, a mark will light up on the display.

Please replace the battery with a new one as soon as possible.



↑ Battery Mark

※ When the battery is completely depleted, the device will display the above screen and stop functioning. The device cannot be used until the battery is replaced with a new one.

Caution

- Please be sure to replace the battery with a new one. If you put in an old battery, the battery mark will light up and the device will not function.
- Replace the battery in the morning or other time before using the pedometer. This product stores 24 hours of data at 2 a.m. If you replace the battery after you have started using the product that day, the data from before the battery change will be erased, so we recommend that you make a note of this in advance.
- Measurement values up to the previous day and the sounds, weight, stride length, and calendar will not be erased.
- Please dispose of the old batteries according to the disposal method of your local city, town or village.
- Battery life is approximately 6 months. The included battery is for trial use only and may have a short battery life.

How to use

Switching display/information mode

When you are on the "Walking Pilgrimage Main Screen", each time you press the information button, the data will cycle through the following screens: today's screen, cumulative screen, memory screen, and calendar screen. Pressing the Pilgrimage button from any screen will return you to the Main Screen. If no button operation is performed for two minutes, the screen will automatically return to the Main Screen.

Walking Pilgrimage Main Screen

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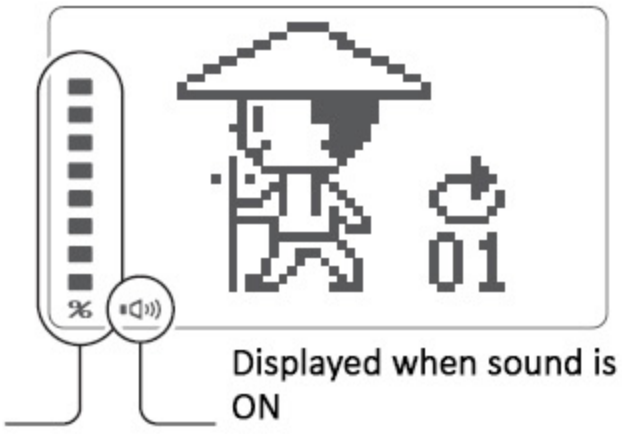
Information Button

The remaining amount of travel is displayed as a bar graph.
(The start of the pilgrimage is 100%)

Displays the number of laps

Displayed when sound is ON



Today's Screen

Displays today's date, number of steps, walking distance, and calories burned.

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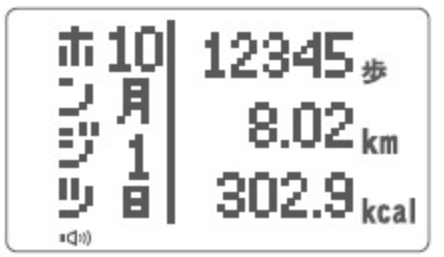
Information Button

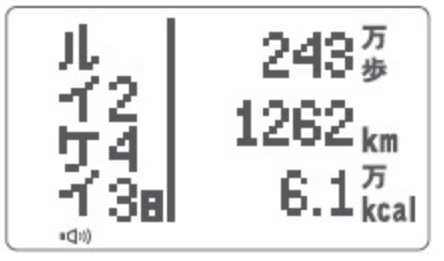


Cumulative Screen

Displays the number of days since the start of use, the number of steps, the walking distance, and total calories burned.

↓

Information Button



Memory Screen

Displays the number of steps, walking distancem and calories burned for today and the past 14 days.

※ Each time you press the Up/Reset button the display will cycle through today, 1 day ago, 2 days ago up to 14 days ago.

※ Memory data is stored at 2am each day

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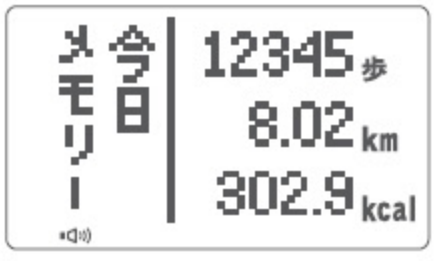
Information Button



Calendar Screen

Displays the year, month, day, hour, and minute.

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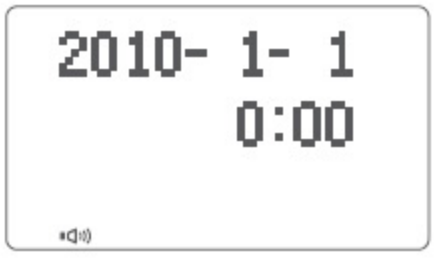
Information Button



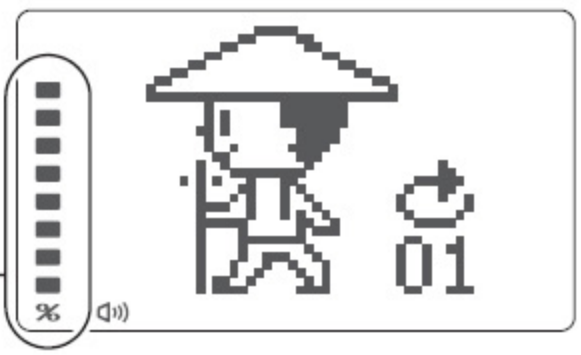
How to use

Switching display/pilgrimage mode

When on the "Walking Pilgrimage Main Screen," each time you press the Pilgrimage button, the information data will cycle through the following screens: temple name screen, Shikoku map screen, prefecture map screen, and how many steps left screen. Press the information button from any screen to return to the Main Screen.

If no button is pressed for two minutes, the screen will automatically return to the Main Screen.

Walking Pilgrimage Main Screen



Remaining amount in Shikoku (%)

↓

Pilgrimage Button

Temple Name Screen

Displays the names of the temples around the current location.

↑ Remaining space between temples (%)

↓

Pilgrimage Button

Shikoku Map Screen

Displays the route from the first temple to your current location on a map of Shikoku.

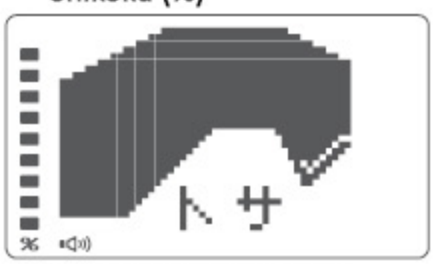
↑ Remaining amount in all of Shikoku (%)

↓

Pilgrimage Button

Prefecture Map Screen

Displays the current walking route on a map of the prefecture.



↑ Remaining amount in Prefecture (%)

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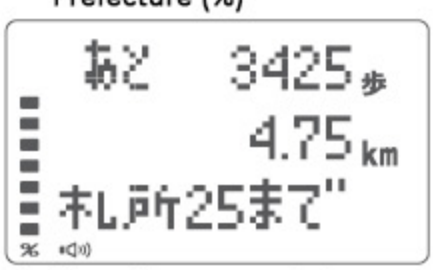
Pilgrimage Button

Steps Left Screen

Displays the number of steps and distance required to reach the next temple.



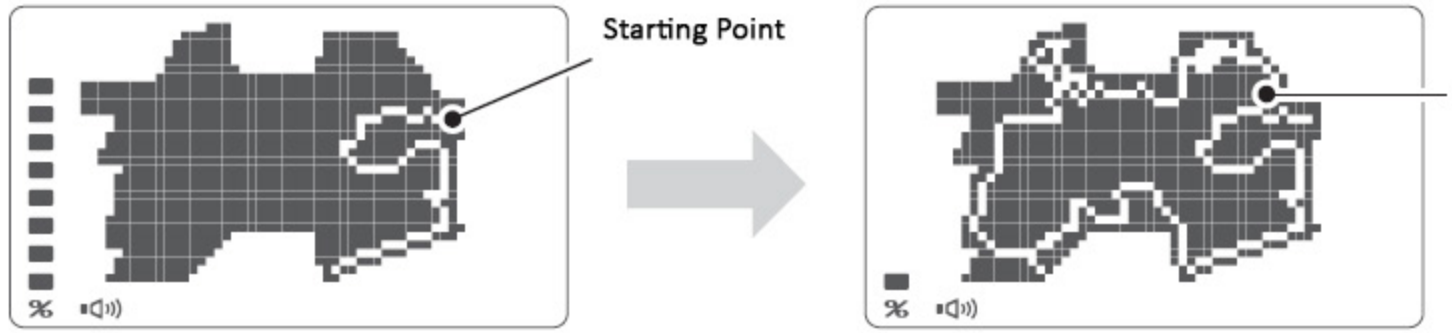
↑ Remaining space between temples (%)

↓

Pilgrimage Button

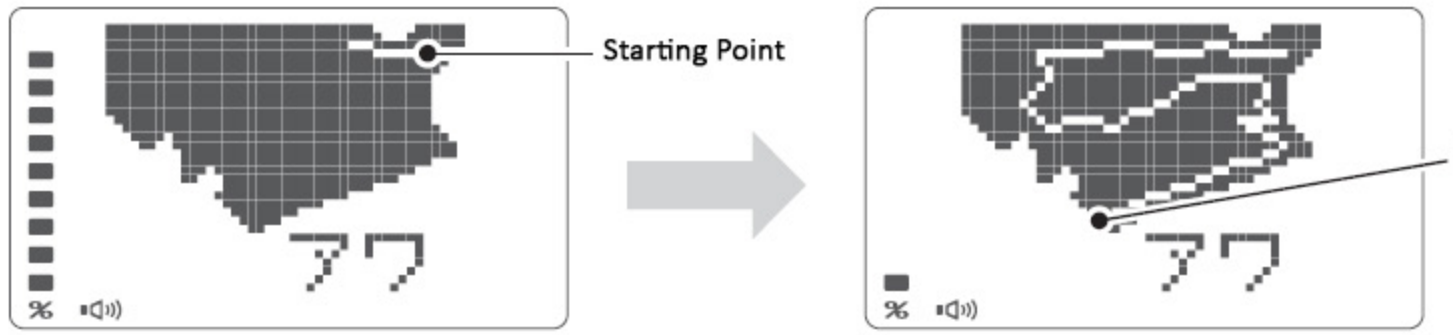
Map Display Screen

Entirety of Shikoku



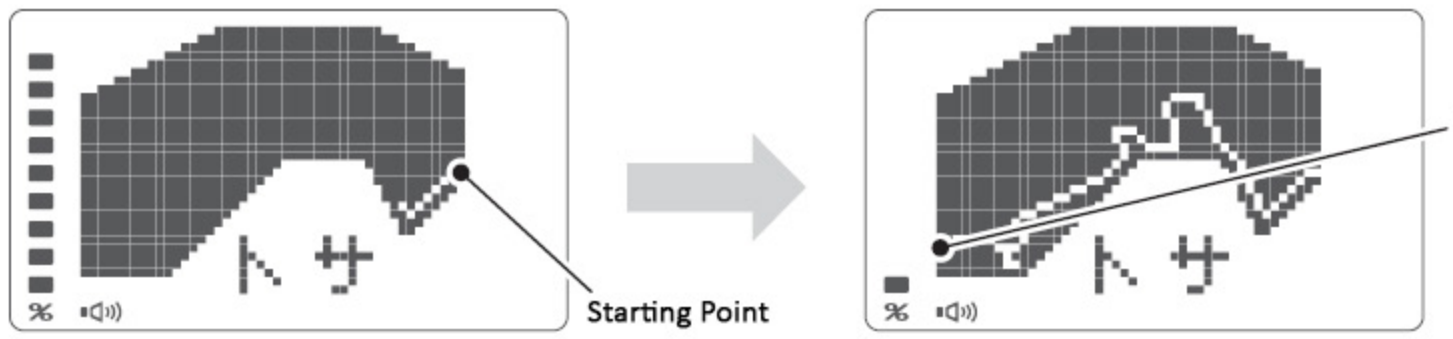
Awa (Tokushima Prefecture)

Beginner's Dojo



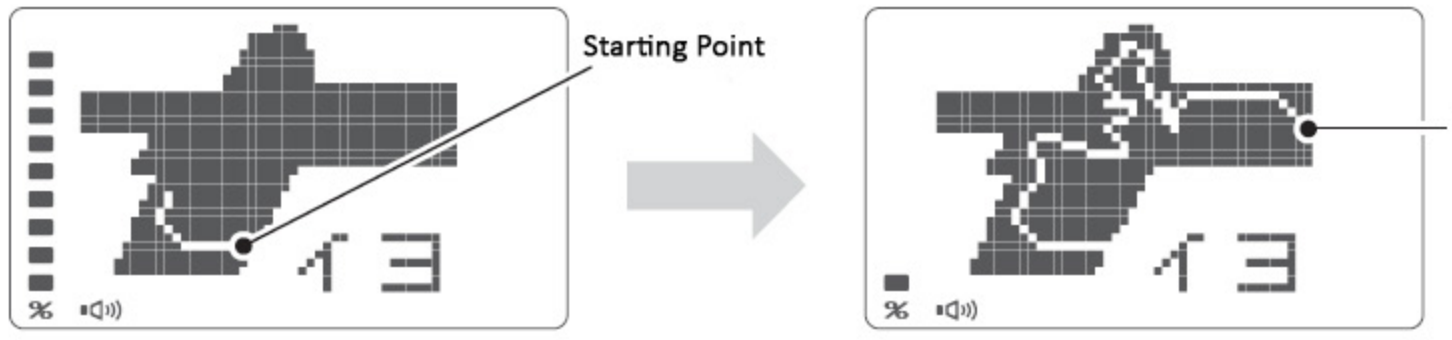
Tosa (Kochi Prefecture)

Training Dojo



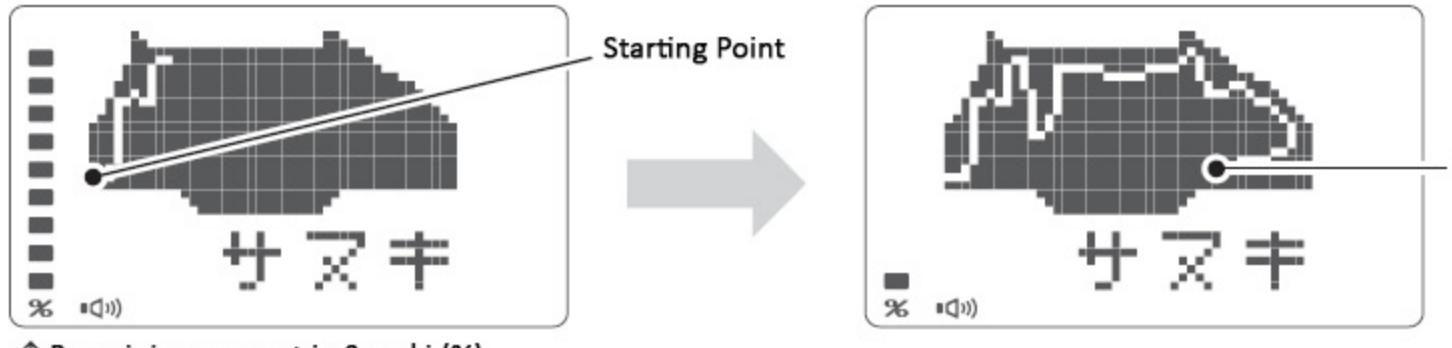
Iyo (Ehime Prefecture)

Bodhi Dojo



Sanuki (Kagawa Prefecture)

Nirvana Dojo



To Reset the Current Data

On the main screen, press and hold the Up/Reset Button for more than 2 seconds to reset the current data to zero.

Once reset, the data cannot be restored. However, cumulative data stored in the "Cumulative Data Screen" will not be erased, so you can still check your total steps for the day.

If the time reaches 2:00 AM, the current day's data is automatically saved to memory, and the display will reset to zero for the new day.

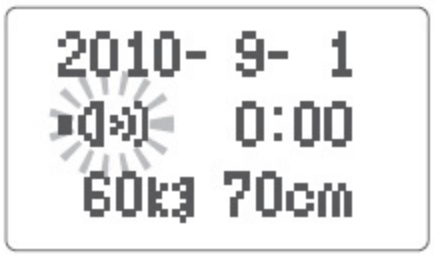
About System Reset

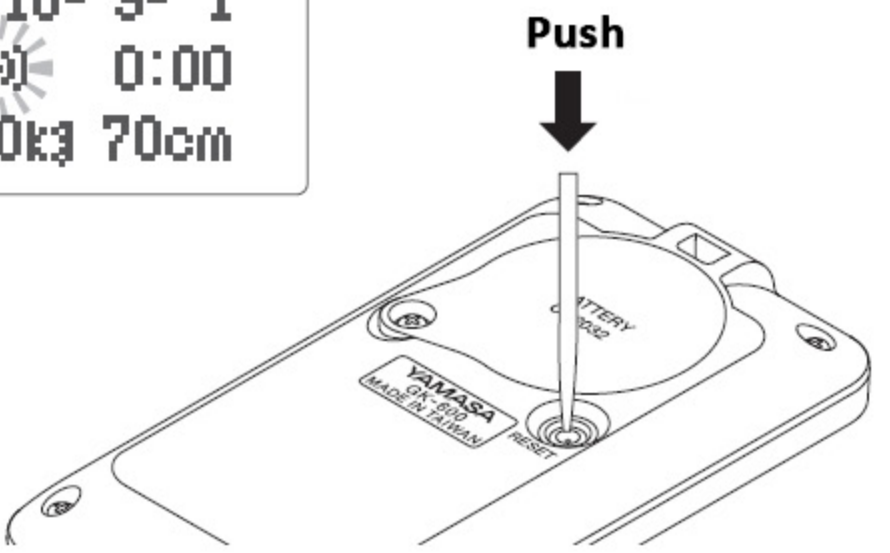
Use the System Reset Switch after replacing the battery, if the screen freezes, or the buttons become unresponsive.

When the System Reset Switch is pressed, the time will reset to 0:00 AM. Be sure to reset it.

The sound, weight, stride length, and calendar settings will not be erased.

Data recorded after 2:00 AM on the current day will be deleted after resetting.



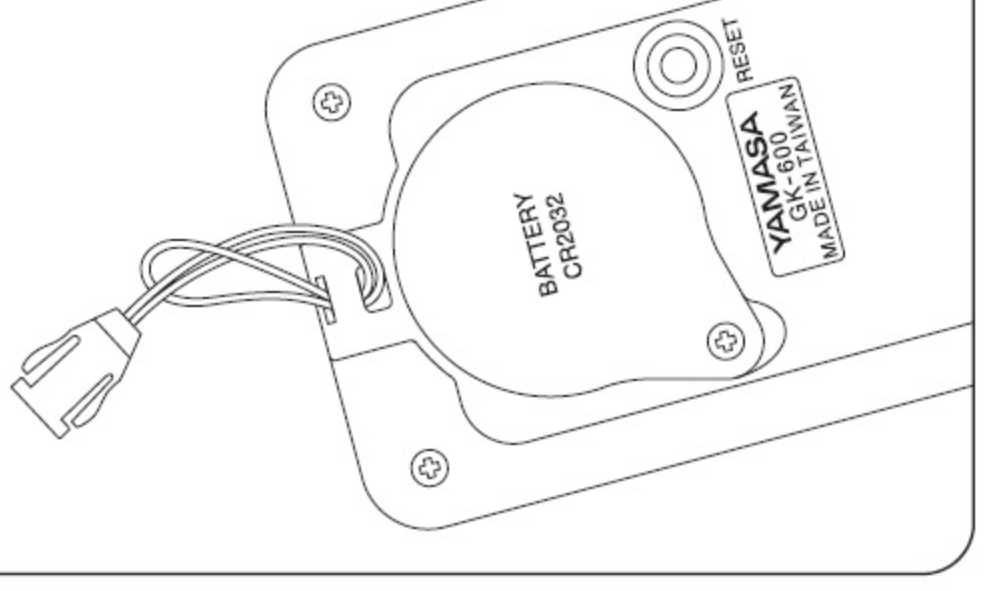


About Power Saving Mode

If there is no button operation or walking activity for 5 minutes, the display will turn off, entering power-saving mode.

To reactivate the screen, press any button or shake the device gently.

● **How to attach the strap**

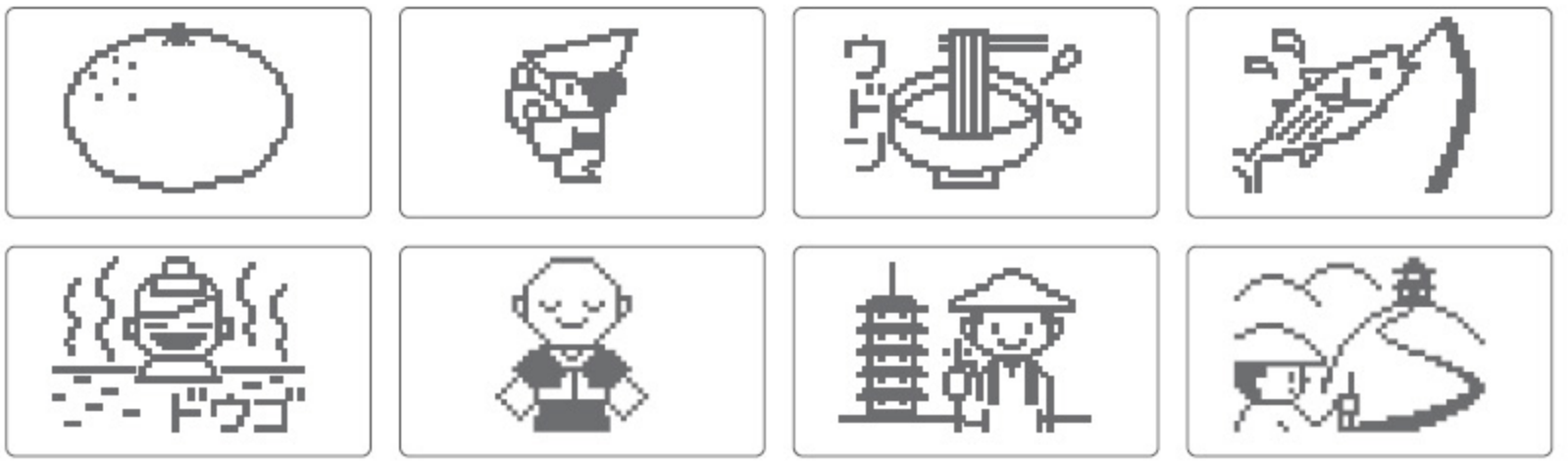


Events

As you walk, the device simulates a journey of 1,200 km through the 88 temples of the Shikoku Pilgrimage.

At many locations, a special event (local specialty, tourist spot, explanation in the local dialect) will be displayed on the screen. In addition, a Buddhist monk's sermon (words of gratitude, life lessons) will be displayed on the screen. The eight pictures on the box of the product you purchased are just a part of this. You can enjoy walking around and see what you will come across.

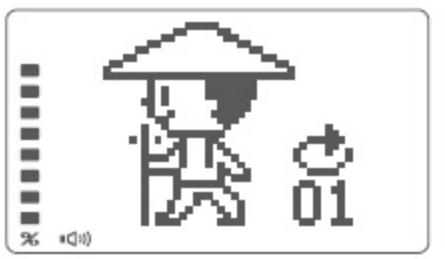
Event Occurs



※ If sound is set to ON, music will play for several seconds when an event occurs to notify you. If you need to stop the music urgently, press any button to end the event.

Up/Reset Button, Information Button, or Pilgrimage Button

Walking Pilgrimage Main Screen



If you press any button when an event occurs, you will return to the "Walking Pilgrimage Main Screen."

If no button is pressed for two minutes, the screen will automatically return to the "Walking Pilgrimage Main Screen."

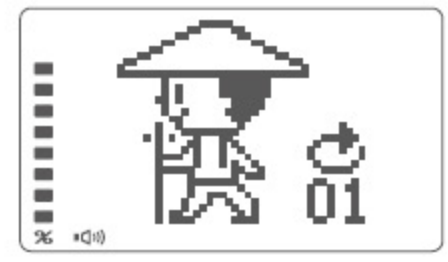
How to Use　Event Playback Mode

While on the Walking Pilgrimage Main Screen, pressing the Up/Reset Button will cycle through past events that have occurred during the journey.

Pressing the Information Button or the Pilgrimage Button at any time will return to the Main Screen.

If no button is pressed for 2 minutes, the device will automatically return to the Main Screen.

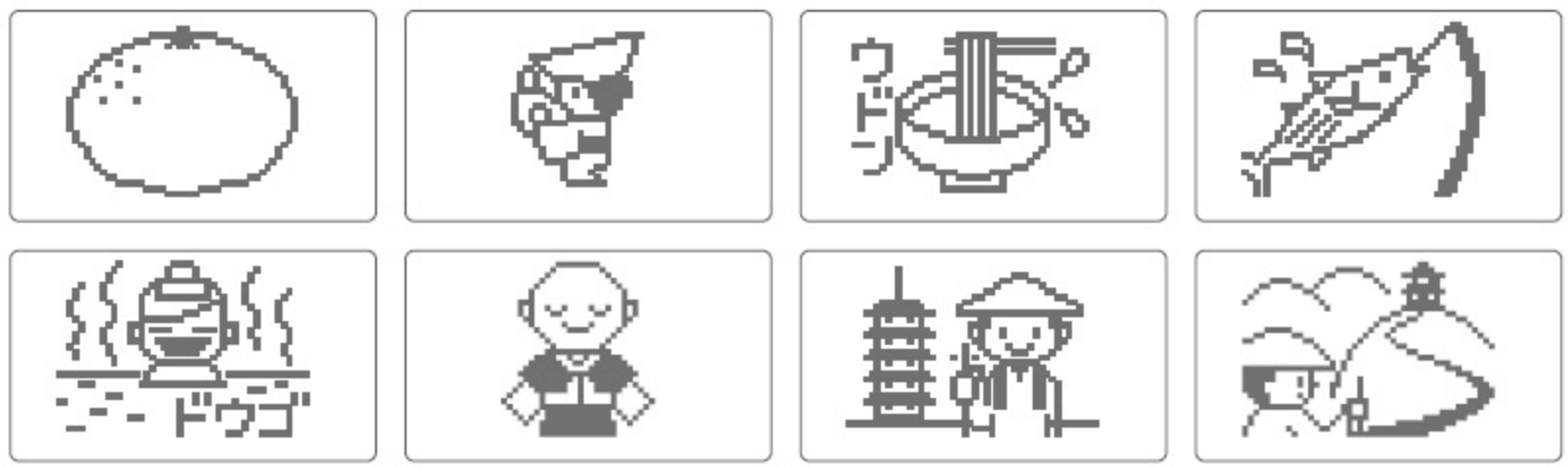
Walking Pilgrimage Main Screen



↓

Up/Reset Button

Past Event Screen



Each time you press the Up/Reset Button, the screen will change.

Informaton Button or Pilgrimage Button

※ When in past event playback mode, only the screen will be played and no sound will be played.

Distance Between Temples

The 88 Shikoku Pilgrimage Sites (1,200 km) are the total distance between the following temples as set out in the former Moebius Shikoku system:

阿波～土佐 札所名			距離 (km)
第1番札所　霊山寺	→	第2番札所　極楽寺	1.2
第2番札所　極楽寺	→	第3番札所　金泉寺	2.8
第3番札所　金泉寺	→	第4番札所　大日寺	5.1
第4番札所　大日寺	→	第5番札所　地蔵寺	2.1
第5番札所　地蔵寺	→	第6番札所　安楽寺	5.5
第6番札所　安楽寺	→	第7番札所　十楽寺	1.4
第7番札所　十楽寺	→	第8番札所　熊谷寺	4.3
第8番札所　熊谷寺	→	第9番札所　法輪寺	2.8
第9番札所　法輪寺	→	第10番札所　切幡寺	5
第10番札所　切幡寺	→	第11番札所　藤井寺	9.8
第11番札所　藤井寺	→	第12番札所　焼山寺	13.8
第12番札所　焼山寺	→	第13番札所　大日寺	26.8
第13番札所　大日寺	→	第14番札所　常楽寺	2.4
第14番札所　常楽寺	→	第15番札所　国分寺	0.8
第15番札所　国分寺	→	第16番札所　観音寺	2.3
第16番札所　観音寺	→	第17番札所　井戸寺	3.6
第17番札所　井戸寺	→	第18番札所　恩山寺	20.3
第18番札所　恩山寺	→	第19番札所　立江寺	4.8
第19番札所　立江寺	→	第20番札所　鶴林寺	14.4
第20番札所　鶴林寺	→	第21番札所　太龍寺	6.7
第21番札所　太龍寺	→	第22番札所　平等寺	11.8
第22番札所　平等寺	→	第23番札所　薬王寺	22.8
第23番札所　薬王寺	→	第24番札所　最御崎寺	85.2
阿波～土佐 合計			255.7

土佐～伊予 札所名			距離 (km)
第24番札所　最御崎寺	→	第25番札所　津照寺	6.8
第25番札所　津照寺	→	第26番札所　金剛頂寺	5.3
第26番札所　金剛頂寺	→	第27番札所　神峯寺	30.4
第27番札所　神峯寺	→	第28番札所　大日寺	39.8
第28番札所　大日寺	→	第29番札所　国分寺	8.8
第29番札所　国分寺	→	第30番札所　善楽寺	8.1
第30番札所　善楽寺	→	第31番札所　竹林寺	7.1
第31番札所　竹林寺	→	第32番札所　禅師峰寺	7.9
第32番札所　禅師峰寺	→	第33番札所　雪蹊寺	7.7
第33番札所　雪蹊寺	→	第34番札所　種間寺	7.3
第34番札所　種間寺	→	第35番札所　清瀧寺	10.3
第35番札所　清瀧寺	→	第36番札所　青龍寺	15.1
第36番札所　青龍寺	→	第37番札所　岩本寺	63.4
第37番札所　岩本寺	→	第38番札所　金剛福寺	94.2
第38番札所　金剛福寺	→	第39番札所　延光寺	63
第39番札所　延光寺	→	第40番札所　観自在寺	30.1
土佐～伊予 合計			405.3

Distance Between Temples

The 88 Shikoku Pilgrimage Sites (1,200 km) are the total distance between the following temples as set out in the former Moebius Shikoku system:

伊予～讃岐 札所名			距離 (km)
第40番札所 観自在寺	→	第41番札所 龍光寺	50.3
第41番札所 龍光寺	→	第42番札所 仏木寺	3.9
第42番札所 仏木寺	→	第43番札所 明石寺	12.4
第43番札所 明石寺	→	第44番札所 大寶寺	78.5
第44番札所 大寶寺	→	第45番札所 岩屋寺	9.4
第45番札所 岩屋寺	→	第46番札所 浄瑠璃寺	27.4
第46番札所 浄瑠璃寺	→	第47番札所 八坂寺	1.1
第47番札所 八坂寺	→	第48番札所 西林寺	4.6
第48番札所 西林寺	→	第49番札所 浄土寺	3.6
第49番札所 浄土寺	→	第50番札所 繁多寺	2.7
第50番札所 繁多寺	→	第51番札所 石手寺	2.8
第51番札所 石手寺	→	第52番札所 太山寺	12.5
第52番札所 太山寺	→	第53番札所 円明寺	2.7
第53番札所 円明寺	→	第54番札所 延命寺	34.8
第54番札所 延命寺	→	第55番札所 南光坊	3.9
第55番札所 南光坊	→	第56番札所 泰山寺	3.3
第56番札所 泰山寺	→	第57番札所 栄福寺	3.2
第57番札所 栄福寺	→	第58番札所 仙遊寺	2.7
第58番札所 仙遊寺	→	第59番札所 国分寺	6.7
第59番札所 国分寺	→	第60番札所 横峰寺	28.5
第60番札所 横峰寺	→	第61番札所 香園寺	10.3
第61番札所 香園寺	→	第62番札所 宝寿寺	1.9
第62番札所 宝寿寺	→	第63番札所 吉祥寺	1.5
第63番札所 吉祥寺	→	第64番札所 前神寺	3.6
第64番札所 前神寺	→	第65番札所 三角寺	46
第65番札所 三角寺	→	第66番札所 雲辺寺	22
伊予～讃岐 合計			380.3

讃岐 札所名			距離 (km)
第66番札所 雲辺寺	→	第67番札所 大興寺	12.1
第67番札所 大興寺	→	第68番札所 神恵院	10.4
第68番札所 神恵院	→	第69番札所 観音寺	0.1
第69番札所 観音寺	→	第70番札所 本山寺	4.7
第70番札所 本山寺	→	第71番札所 弥谷寺	13.1
第71番札所 弥谷寺	→	第72番札所 曼荼羅寺	2.8
第72番札所 曼荼羅寺	→	第73番札所 出釈迦寺	0.5
第73番札所 出釈迦寺	→	第74番札所 甲山寺	2.4
第74番札所 甲山寺	→	第75番札所 善通寺	1.8
第75番札所 善通寺	→	第76番札所 金倉寺	3.8
第76番札所 金倉寺	→	第77番札所 道隆寺	3.9
第77番札所 道隆寺	→	第78番札所 郷照寺	7.6
第78番札所 郷照寺	→	第79番札所 天皇寺	6.7
第79番札所 天皇寺	→	第80番札所 国分寺	7.8
第80番札所 国分寺	→	第81番札所 白峯寺	7.7
第81番札所 白峯寺	→	第82番札所 根香寺	5.7
第82番札所 根香寺	→	第83番札所 一宮寺	14.1
第83番札所 一宮寺	→	第84番札所 屋島寺	15.1
第84番札所 屋島寺	→	第85番札所 八栗寺	7.6
第85番札所 八栗寺	→	第86番札所 志度寺	8.1
第86番札所 志度寺	→	第87番札所 長尾寺	7.1
第87番札所 長尾寺	→	第88番札所 大窪寺	15.6
讃岐 合計			158.7
			1200

Specifications

Name	Game Pocket Pedometer "Walking Henro"
Model	GK-600
Display	Dot matrix LCD (32 × 46 dots)
Sensor	Piezoelectric acceleration sensor
Daily Display Limits	Total Steps: 0–99,999 steps
	Distance: 0.00–999.99 km
	Calories: 0.0–9999.9 kcal
Clock	24-hour format (00:00–23:59)
Memory Display	Step count: Today, 1–14 days prior
	Distance: Today, 1–14 days prior
	Calories: Today, 1–14 days prior
Cumulative Display Limits	Total steps: 0–999,990,000 steps
	Distance: 0.00–99,999 km
	Calories: 0.0–9,999,900 kcal
	Use Days: 0-9999 days
Setting Limits	Time: 0:00-23:49 (24-hour time display)
	Calendar: January 1,2010 – December 31, 2040
	Weight: 30-120kg (1kg increments)
	Stride Length: 30-180cm (1cm increments)
Operating Temp Range	0°C – 40°C
Step Accuracy	Within ±3%
Time Accuracy	Within ±30 seconds (at room temperature)
Battery Life	Approx. 6 months (10,000 steps per day or 4 hours of use per day)
Battery Type	CR2032 coin battery (1)
Size	Approx. 72 × 37 × 10 mm (width/height/thickness)
Weight	Approx. 27g (including battery, excluding strap)
Material	Body: ABS resin and transparent Acrylic
Accessories	Test battery (CR2032 pre-installed in the device), strap with clip, instruction manual

※ Specifications and appearance may change without notice for improvement purposes.